MISCELLANY FOR COOKS & PRINTERS

JANE W. ROBERTS

THANKS

To Bill and Dave Greer, Ridgefield, Conn., for the loan of cuts on pages 9 and 19, and for making binding equipment available for my use.

To Lil and Parker Worley, Haddonfield, N.J., whose cuts I borrowed for page 21 and the Recipe Index page.

To Bond Press, Hartford, Conn., for the offcuts on which this book is printed.

Printed by
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PREFACE

This book contains 24 recipes illustrating 54 fonts of type in 45 different styles, to delight cook and printer.

It is no traditional cookbook, but a clutch of recipes I use in my kitchen, which is the third reason for printing this: I was mislaying my recipe cards. Fourth and last, it is a typograph, or book of examples on how various type styles can be used.

A recipe index is on the next page to help the cook. For the printer, the colophon following page 24 describes some printing details, followed by a listing of type faces used.

Jane W. Roberts

December 1980

RECIPE INDEX

Bakery

Banana Bread 5
Beer Bread 2
Campers' Hardtack 15
Cottage Cake 14
Oatmeal Cookies 20

Beverages

Blackberry Shrub 16
Blueberry Tea 7
Cranberry Juice 3
Raspberry Shrub 12

Fruits & Vegetables

Curried Green Tomatoes 4
Dilly Bean Pickles 13
Spicy Applesauce 8

Salads

Carrot & Rutabaga 11
Cottage Cheese 24
Tabouli 1

Snacks

Clam Dip 9
Peanut Butter Kisses 17
Rangeley 6

Soups & Main Dishes

Cheese Pudding 22
Clam Casserole 19
Potato Soup 23
POTZE 21
Yorkshire Pudding 18
Zucchini Soup 10

Tabouli

Best made a day ahead

1 cup bulghur wheat
2 cups boiling water
1/2 teasp. salt
1 or 2 tomatoes, cut small
1 cup minced parsley
1/2 cup minced onion
3 TBS. dried basil
1/4 cup olive oil
2 TBS. lemon juice

Pour boiling salted water over wheat and let stand for 20 minutes or until water is absorbed, stirring to hasten cooling. Toss with rest of ingredients. Serve on lettuce leaves. Recipe may be varied by using other minced, raw vegetables such as cucumber, zucchini, carrot or celery.

BEER BREAD

1 12-ounce can of beer

3 cups of self-rising flour

2 tablespoons of sugar

Mix ingredients, pour into a greased bread pan and let stand for 30 minutes.

Bake in a 400° oven for about 45 minutes or until done and nicely browned.

CRANBERRY JUICE

1 quart cranberries: about a pound
1 - 3/4 quarts water
1/2 cup sugar

Simmer cranberries and water long enough for the skins to pop. Do not boil. Strain, and add the sugar while juice is still hot. Makes a thick beverage better than store bought and less expensive.

CURRIED GREEN TOMATOES

Serves four,
or two gluttons

1 quart green tomatoes, cut in chunks
1 medium onion, chopped
2 TBS. fat
1 teasp. curry powder
salt & pepper to suit

Brown onion in fat in a frying pan. Stir in curry, salt & pepper. Add green tomatoes, stirring until all are coated with the curry mixture. Simmer for about 15 minutes. Do not overcook, or tomatoes will be mushy.

Banana Bread

Sift together 2 cups flour
¾ cup sugar
1 teasp. salt
1 teasp. baking soda

Mix 3 ripe mashed bananas with 2 well-beaten eggs and add to first mixture. Stir in ½ cup chopped pecans.

Bake in two greased loaf pans 3½ by 7 for about 40 minutes at 350°. Makes 15 oz. loaves.

RANGELEY

Mix equal parts of chocolate bits, raisins and peanuts, and pack in plastic bags. If it melts, no harm done and it still tastes good. Cheaper than candy bars and minus additives.

◆

So named after Rangeley Lake in Maine, where I was introduced to it on a canoe trip twenty-five years ago.

BLUEBERRY TEA

Makes a delicately
spicy beverage

Pick mature branch ends in October. Spread on a sheet on the floor for a week or so, or until dry enough so leaves can be pulled from branches. Heat oven to 200 degrees and turn off. Put in leaves, in a shallow pan, and let stand long enough so leaves can be crumbled in the hand.

To make tea, use one to two tablespoons to a cup of boiling water.

Spicy Applesauce

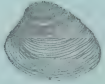
3 ℔s MacIntosh apples, stemmed and cut up
½ cup water
½ cup sugar
1 cup raisins
¼ teasp. each, cinnamon, nutmeg and allspice

Simmer apples slowly in water until soft: do not boil. Strain in a Foley food mill. Mix in sugar, spices and raisins while apples are still hot. Makes a thick sauce.

CLAM DIP

1 pint sour cream
1 6-1/2 ounce can minced clams, drained
2 Tbs prepared horseradish

Combine ingredients and chill until ready to serve.



ZUCCHINI SOUP

1 ℔ sweet Italian sausage
2 c. celery, ½ in. pcs. sliced on an angle
2 ℔ zuccini, sliced in ⅓ inch pcs.
1 c. chopped onion
7 c. tomatoes, or 2 28-oz. cans
2 green peppers, cut in ½ inch pcs.

¼ teasp. garlic powder
1 teasp. Italian seasoning
1 teasp. oregano
2 teasp. salt
½ teasp. basil
1 teasp. sugar

☞ Brown sausage in a large dutch oven. Drain off excess fat. Add celery and cook for 10 min., stirring occasionally. Add remaining ingredients except the green pepper and simmer 20 min. Add peppers and cook 10 min. more.

☞ Serve with grated Parmesan cheese and buttered garlic bread.

☞ Freezes well, so make lots in summer when vegetables are cheap.

Carrot AND Rutabaga Salad

Grate equal amounts of carrot and rutabaga. Stir in a pinch of garlic powder and sufficient mayonnaise to hold the mixture together. Serve on lettuce.

RASPBERRY SHRUB

Soak 3 pints raspberries in 1 pint cider vinegar at room temperature for 4 days. Strain out seeds. Add sugar in same amount as juice. Simmer 20 minutes and stir.

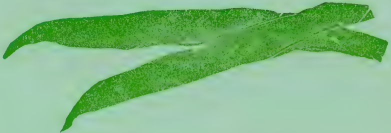
Use straight as a syrup for ice cream or cake, or mix 3 to 1 with ice water for a refreshing, tangy beverage.

To preserve, process in a hot water canner for 10 minutes.

Dilly Bean Pickles

Whole green beans, stemmed

Combine 2-1/2 cups water, 2-1/2 cups cider vinegar and 1/4 cup salt. Bring to a boil. Enough for 4 pints of pickles.



Pack beans in hot, sterilized jars. To each pint add 1/4 teasp. cayenne pepper, 1 teasp dill seed and 1 clove of garlic. Pour hot mixture in, leaving 1/4 inch head space. Process 6 minutes in a boiling water canner. Wait two weeks before sampling.

Cottage Cake

This is a good recipe to use for upside down cake: not too sweet.

Sift: 1½ cups flour
2 teasp. baking powder
½ teasp. salt
½ cup sugar

Mix: 1 beaten egg, ½ cup milk, ⅓ cup melted butter

Stir together lightly. Pour into a greased 8x8 baking pan. Bake at 350° for 20 to 25 minutes; longer if baking with fruit.

Campers' Hardtack

6 cups whole wheat flour
1 TBS salt
1/2 cup each, honey & oil
enough water to make a stiff dough

Mix & pat into cakes 1/4 inch thick. Bake at 400° for about 20 minutes.

BLACKBERRY SHRUB

8 parts blackberry juice
1 part lemon juice
2 parts sugar

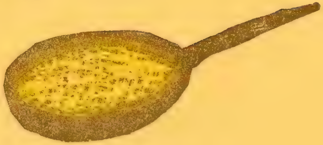
Combine ingredients and heat enough to dissolve sugar. As a beverage, mix half and half with ice water.

Peanut Butter Kisses trail food

Mix equal parts of honey and peanut butter. Stir in as much non-fat dry milk as this mixture can absorb and still be formed into balls.

Wrap in waxed paper, individually, like salt water taffy. Adds milk to the trail diet, and won't stick to the roof of your mouth!

YORKSHIRE PUDDING with SAUSAGE



Beforehand, cook 1 lb,ſauſage links in an iron ſkillet, pouring out exceſs fat, and keeping pan hot.

Beat 2 eggs for 3 minutes. Add 1 cup milk, beat 1 minute more. Gradually add 3/4 cup flour and 1 teaſp. ſalt, beating until ſmooth. Pour into hot ſkillet and bake at 400^0 *for around 30 minutes. Serve at once.*

CLAM CASSEROLE

Best if mixed the night before.

2 cups minced clams
1 can cream of chicken soup
$\frac{1}{2}$ cup milk
1 cup cracker crumbs
$\frac{1}{3}$ cup melted butter
2 TBS Sherry salt & pepper to taste

Combine all ingredients & pour into a greased pan. Top with buttered crumbs. Bake at 350° for 1 hour.

Oatmeal Cookies

Sift together:

1 cup flour
1 teasp. salt
1/2 teasp. each of
soda, cinnamon,
allspice, nutmeg

Combine:

1/2 cup melted butter
1/2 cup white sugar
1 cup brown sugar
1/4 cup water
1 teasp. vanilla
1 egg, beaten

Combine the two mixtures, stir in 1 cup raisins & 3 cups oats. Bake on greased cookie sheets at 350° for 12 to 15 minutes.

POTZE

Named after its chief ingredients:
Peppers, Onions, Tomatoes,
Zucchini & Eggplant

2 quarts peeled tomatoes
1 cup chopped onions
1 zucchini sliced
1 eggplant, diced
2 green peppers, in chunks
4 TBS olive oil

2 TBS oregano
1 teasp. sweet basil
1/8 teasp. garlic powder
salt and pepper to suit
toasted bread crumbs
grated Parmesan cheese

Brown onions in oil in a large pot. Add tomatoes. When these have cooked down, add eggplant and zucchini, and cook 15 minutes. Add rest of ingredients and cook 10 more minutes.

Serve in bowls and top with toasted crumbs and grated cheese.

CHEESE PUDDING

2 eggs
1 cup milk
1 teasp. marjoram
3 slices Swiss cheese, in pieces
2 slices white bread, broken up
1 medium onion, chopped
salt to suit

Distribute bread, cheese, onion in a greased pan. Beat eggs, milk & marjoram until frothy, pour in. Bake at 350° 25 minutes, or until browned.

POTATO SOUP WITH Broth

4 lbs. potatoes, peeled and cut small
enough chicken broth to cover potatoes
1 large onion, chopped   2 TBS oregano
pinch garlic powder   salt to suit

☞ Boil potatoes in chicken broth until soft. Mash in the pot. Add rest of ingredients and cook 15 minutes more.

☞ Garnish with parsley and grated parmesan cheese.

COTTAGE CHEESE SALAD

1 pint small curd cottage cheese
1 green pepper, minced
1 small onion, minced
10 green olives, sliced
1 can pineapple chunks, drained

Combine ingredients, mix in 3 TBS oil and vinegar dressing. Chill and serve on lettuce leaves.

COLOPHON

All type is handset. Faces used on the cover, front and back material are Racine, Racine Circular and Barnhart Bros. & Spindler Oldstyle No. 9. Recipe faces are listed on the next pages.

Except for Nos. 1 and 2 (before I thought of it) all pages were printed with a Golding Official No. 2, a 4x6 sidelever.

Cuts on pages 13 and 18 were cut from linoleum for the book, as were tint blocks for pages 5, 8, 19 and 24.

Edition of 120 copies.

TYPE INDEX FOR RECIPES

1 Boston Gothic, Lydian
2 Bookman
3 Bamboo
4 Grecian, Racine Circular
5 French Oldstyle, Venetian
6 Engravers Roman, Cheltenham Old Style
7 Bremen, Celtic Lightface
8 Ornamented No. 34, Modern Roman No. 8
9 Outline Gothic, Modern Roman No. 2
10 Woodward Open, Ronaldson Oldstyle No. 225
11 Globe Gothic Extended

12 Mandarin, Mikado
13 National T.F. No. 3000
14 Ornamented No. 23, BB&S Oldstyle No. 9
15 Antique Pointed, Fashion
16 Viking
17 Crayonette, Cloister Cursive
18 Caslon No. 540, Caslon Italic No. 371
19 Rococo, Law Italic
20 Brevet, Bookman Oldstyle
21 Ornamented No. 1, Goudy Roman
22 Fat Face Italic, French Clarendon, P.T. Barnum
23 Alternate Gothic No. 1, Globe Gothic Condensed
24 Gothic Slope, Gothic Lightface